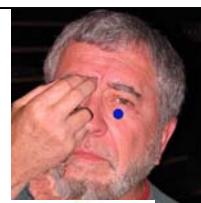


3

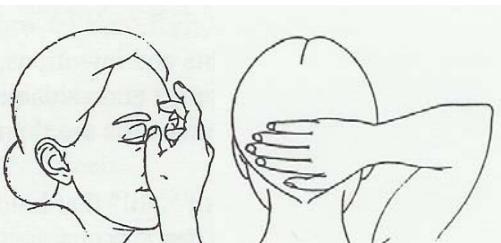
This portion of the technique clears the issue in all times, past lives, concurrent lives, genetic markers, cellular memory, processing the correction into the future and correcting it in all levels. (Larry Nims)

**Tap inner eyebrow –**

1. Say: I am eliminating all sadnesses from all the roots & the deepest causes of this problem.
2. Tap under eye – Say: I am eliminating all the fears from all of the roots & the deepest causes of this issue.
3. Tap pinky by nail –inner corner– Say: I am eliminating all angers from all of the roots & the deepest causes of this issue.
4. Then inner eye – Say I am eliminating all emotional trauma from all of the roots & the deepest causes of this issue.
5. Tap index by nail, thumb side – I forgive others & self for any part they played in creating or maintaining this issue. They (I) are doing the best they can. I forgive myself for not forgiving them or myself, I am doing the best I can. I forgive myself for bringing it back, making it come back, letting it come back all by itself.



**4.** Change yourself on the spiritual level. You'll notice a major shift. Protects you from your past, present and future. Most feel a great sense of peace and release with this correction. Resolving an Issue – With thumb & ring finger, hold spots on both sides of the bridge of the nose, then place middle finger on center of forehead. Place other hand behind head. Now think of the issue one sentence at a time. When you feel a shift, take a deep breath, lower your hands, then bring them back up and go on to the next part. (Tapas Fleming)



Think about the issue and releasing its origins, whether in your past, your present, or your genetic lineage and cellular memory – or any other origin. Think of being in harmony with the issue and all its lessons. Then think of releasing the need for these issues on any level, releasing it from all places inside and outside your body. Think of forgiving yourself and anyone else that you blamed, shamed, and/or may have contributed to the problem, in reality or perceived. Release emotional trauma that may surround the issue,

any sadness, anger or fear. Release the need for the issue. Hold the points till you feel a shift. At each step clear it on all levels – genetic lineage, cellular, past, present, future, places in body, conscious, subconscious, etheric, spiritual.

**6** If there is still pain or discomfort, touch the place in/on your body where you feel it. Know that it is just energy that is stuck & stagnant. Think SOFTEN and FLOW. Follow the energy as it flows, with your hand. When it leaves by its own channel, you'll feel tingly in that spot and smiling. Check for residual feeling in body, repeat. (EmoTrance-Hartmann)

**7** **Addition: Eyebrow:** What if there IS enough time for me? **Side of Eye:** What if I asked for more help? **Under Eye:** What if I could figure out this challenge? **Under Nose:** What if I put myself first? **Chin:** What if I could prioritize my life? **Collarbone:** What if I slowed down and noticed what's going well? **Under Arm:** What if I felt relaxed about this issue? **Top of Head:** What if I choose to feel free about my success with this issue or just the fact of my success?

**8** Tap whenever the need to tap occurs. Tap at least 3x per day at first, then whenever you think of it. If in public, pick one inconspicuous spot to touch, or, rub each spot gently as if it were itchy (!) When possible say the issue word out loud if not think it. Or, go to each point and breathe in and out. You can use the butterfly hug, hugging yourself, left hand holding arm above elbow, right arm hugging self, or on heart. You may repeat affirmation with hand on heart. Each technique adds to your correction.

**STEP 8 Homeplay**

# The Emotional Freedom Technique

EFT's purpose is to get rid of an issue, a problem, pain, allergy, habit, emotional or physical trauma in a gentle, non-invasive way. Choose a challenge you wish to change. This page contains a synthesis of several EFT techniques, from Gary Craig, Larry Nims, Tapas Fleming, Pat Carrington and my own.

ASK: If you could change it...  
COULD YOU? WOULD YOU?  
WHEN? & If you couldn't  
change it could you accept  
that? would you? when?  
Repeat till brain accepts  
either/ or. Improves  
successful outcome . (Sedona  
Method)

Find it on the web: [www.emofree.com](http://www.emofree.com) & [www.emotrance.com](http://www.emotrance.com) & [www.besetfreefast](http://www.besetfreefast)

## Initiating change, using a credible affirmation.

Giving attention to the problem, then choosing a different outcome, makes this affirmation credible  
**CALIBRATE the % of stress.**  
(1-10%)

1.



Tap the "Karate Chop" part of your hand as you say: "Even though I have this problem, (fear, anxiety, pain, anger, allergy, weight, etc.) I choose to deeply and completely accept myself." Or "even though ... I choose to feel OK, I choose to release it, ( my dog, my child chooses to let it go)." I, She chooses to be healthy. etc  
Repeat this 3x as you tap, then go to step 2.



2.

## Installing the affirmation.

Tap on the points shown, which are beginnings & endings of acupuncture meridians.



Calibrate. If it is more than 2%, Repeat the tapping, using word "remaining" + the negative aspect – remaining phobia, anger, pain, fear, etc. Tap IE, OE, UE, UN, UL, CB, UA, TH, using Negative, then alternate negative with positive choice, then all positive as before. Re-calibrate.

For each spot, name the issue as you tap, 1<sup>st</sup> time negative, then alternate neg & pos, then all pos.  
Tap about 7x:

1. Inner eyebrow
2. Outer eye
3. Under eye
4. Under nose (Upper lip)
5. Lower lip Under lip
6. Chest at collar bone
7. Under arm
8. Top of head

Feel free to add other tapping points such as front and back of wrists &/or ankles, navel, chest below breasts, specific fingers or toes – follow your intuition without judgment or analysis.